



Armed Forces Retirement Home

Communicator

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GULFPORT, MS - WASHINGTON, DC

JANUARY 31, 2013

Sergeant Major Bryan Battaglia, USMC

Senior Enlisted Advisor to the Chairman Joint Chiefs of Staff (SEAC) visits AFRH-Gulfport



Harold Sattlethight met with Sgt. Maj. Bryan Battaglia during a visit to the Gulfport facility. Sgt. Maj. Battaglia is the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff, and is the senior non-commissioned officer in the U.S. Armed Forces. In this role, he serves as the principal military advisor to the Chairman and the Secretary of Defense on all matters involving joint and combined total force integration, utilization, health of the force and joint development for enlisted personnel.



Above: Claude St. Julien, Sgt. Maj. Battaglia, Harold Sattlethight, Diana Dopp, Frederick Bower (seated), Bill Parker, Charles Dickerson, Bette Lakatos, James Stockstill, and Rupert Maxwell.



Sgt. Maj. Battaglia presents Frederick Bower with his SEAC coin.

Sherman Building

Honoring a Legacy: The AFRH Time Capsule



A mason worker from R. Bratti Associates places the time capsule back in the southwest turret of the Sherman Building. Details on the contents of 1890 time capsule: Tobacco Tin (c. 1890): A tin for “Old Rip” long-cut smoking tobacco, manufactured by American Tobacco Company. As stated on the tin, the American Tobacco Company was the successor to the Allen & Ginter Company of Richmond, Virginia. Penny (1887): The Indian Head one-cent coin was designed by James Barton Longacre, the engraver at the Philadelphia Mint from 1844-1869. The coin was produced by the United States Mint from 1859 to 1909. Watch Fob (c. 1889): This watch fob is a replica of the gold medal given to N.J. Schloss & Company Boys Clothing as an exhibitor at the 1889 Exposition Universelle in Paris. The Eiffel Tower was constructed for the 1889 Exposition and is depicted on the medallion. Newspaper (1890): A local Washington newspaper from September 1890.

By Carrie Barton, Preserve Scapes

On December 21, 2012, AFRH placed a time capsule within the southwest turret of the newly restored Sherman Building clock tower. The time capsule will hold two significant stories: the story of the 5.8-magnitude earthquake that hit the Home in 2011, and the story of a historic treasure discovered in the wake of that disaster.

Discovery

On August 23, 2012, exactly one year to the

day after the 2011 earthquake, AFRH began repairs on the Sherman Building’s iconic tower. Repair work started with the stone-by-stone disassembly of the masonry structure. Two days into deconstruction, the masonry crew discovered that the ornamental stone atop the southwest turret was hollow, and that a container was set underneath it. Contractors were able to identify the corroded metal container as a red tobacco tin. Inside the tin were several dated objects that likely correspond with the timeline of the tower’s

original construction, including: an 1887 Indian Head Penny, an 1889 watch fob, and a September 1890 newspaper. Next to the container were two broken spirit bottles, with their original corks intact. The container was most likely placed in the tower on the date corresponding with the 1890 newspaper, the same year the tower was completed.

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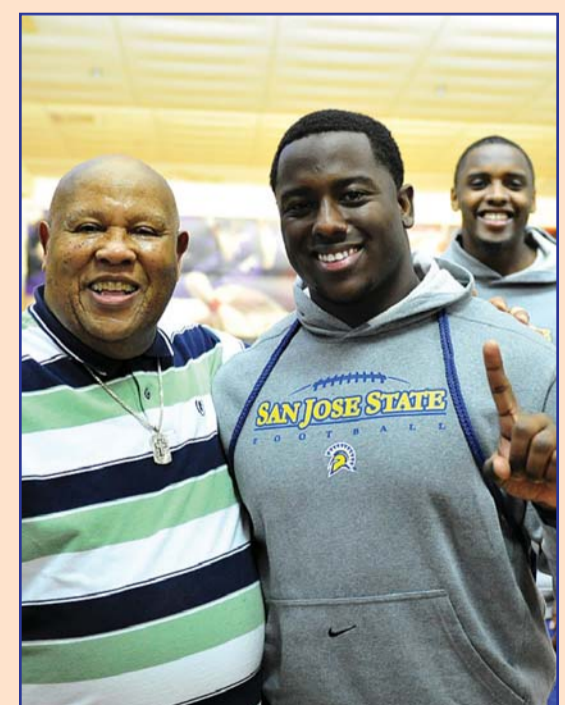
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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home. Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by the *AFRH Communicator* staff for journalistic style and length. The articles included in this publication do not necessarily reflect the opinions or views of the management, staff, or residents of the AFRH.

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Eligibility: Military veterans from each service branch can live at AFRH. The following persons who served as members of the Armed Forces, at least one-half of whose service was not active commissioned service other than as a warrant officer or limited-duty officer, are eligible to become residents of the Retirement Home:

-who are 60 years of age or over; and were discharged or released from service in the Armed Forces under honorable conditions after 20 or more years of active service.

-who are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of a service-connected disability incurred in the line of duty in the Armed Forces.

-who served in a war theater during a time of war declared by Congress or were eligible for hostile fire special pay were discharged or released from service in the Armed Forces under honorable conditions; and are determined under rules prescribed by the Chief Operating Officer to be incapable of earning a livelihood because of injuries, disease, or disability.

-who served in a women's component of the Armed Forces before June 12, 1948; and are determined under rules prescribed by the Chief Operating Officer to be eligible for admission because of compelling personal circumstances.

To receive an informational brochure please contact the AFRH Marketing Office at 1-800-422-9988, or write to AFRH, PAO/Marketing, #1305, 3700 N. Capitol St. NW, Washington DC 20011-8400. Visit us on the web at: <http://www.AFRH.gov>

A CARF-CCAC Five-Year Term of Accreditation was awarded to the Armed Forces Retirement Home. <http://www.carf.org> <http://www.carf.org/aging>



AFRH-G Veteran Highlight

By Ruby Woods-Robinson, M.S.L.S.

In March of 2011, Catherine C. and Harry L. Williamson moved into the Armed Forces Retirement Home in Gulfport, Mississippi, hoping to settle down after many years of military, civilian, government, and private sector service – and 50 years of married life.

In the early years of World War II, four young women from the small Village of Sunset, Louisiana, population 600, were imbued with the national patriotic spirit and decided to join the Armed Forces of the Country. They



FOUR DAUGHTERS—The Castilles of Sunset have given these four daughters to the armed forces. Top row (left): S. Sgt. Catherine L. Castille, WAC, now at Jacksonville; (right) Lieut. Mercedes A. Castille, nurse corps, serving in England; (bottom, left) Pvt. Mildred M. Castille, WAC, training at Fort Oglethorpe, Ga., and (right) Pvt. Mary Frances Castille, WAC, just sworn in.

considered it their duty to be involved in relieving 150,000 men for other duties. IN ALL, five members of the Castille family of ten children – 8 girls and 2 boys – honorably served their country. Mercedes “Mac” was first, being a registered nurse, joined the Army Nurse Corps. She was quickly trained for combat conditions and shipped to England. Catherine “Kadie” finished business college just as the Women’s Army Auxiliary Corps, recruiting only college graduates for its first Officer Candidates, began enlisting other women to begin training. She first went to Fort Des Moines in Iowa. After strenuous physical exams and aptitude tests, and what seemed like a long wait,

Catherine reported to New Orleans and was on her way with several rail coach loads of excited recruits to Des Moines.

After completion of basic training, Catherine was sent to recruiting school (2 weeks), having been turned down for the Motor Corps, which she hoped would take her overseas as an ambulance driver. She was to spend two years in recruiting in the states of Georgia and Florida, traveling to many small towns, talking to and enlisting many women; and taking part in events in the Country like war bond drives, ship christenings, parades, and too much to remember.

Sisters Mildred “Mimi” and Mary Francis “Mamy” meanwhile had enlisted in the Air Force branch of the WAC. Mimi completed basic training at Fort Oglethorpe, Georgia, and was assigned to IBM training and sent to Washington D.C. “Mamy” was sent to an Air Force Base in Texas as a medical technician. Our brother Michael (the youngest), became old enough (18) to join the Coast Guard and in 1945 served in Groton, Connecticut as his sisters were coming home. Mac rode in trucks and other transportation Christmas 1944, evacuating wounded in the Battle of the Bulge, made it to Paris to celebrate VE Day, and home for Christmas in 1945. Mimi and Kadie made it home for Christmas also, but Mamy became ill and after a year was discharged to the VA.

In the meantime, Harry L. Williamson of Auburn, Indiana, had grown up and had a career in the U.S. Air Force in mind. His parents weren’t ready to lose their youngest son since two of his brothers serving in the Army and Air Force had been killed during World War II: Richard in a military rescue accident in 1942, and Joseph in France in 1944 near St. Lo. Harry was finally able to enlist in the U.S. Air Force and spent 20 years serving in Arizona, New Mexico, Alaska, North Africa, and Itazuke Air Base, Japan. Harry and Catherine’s lives did not cross until he was assigned to the Office of the Air Attache’ at the American Em-



In October 1960 Catherine & Harry Williamson were married in Seoul, Korea..

bassy in Seoul, South Korea. Catherine had spent the years after Army service in 1945 in secretarial jobs in Florida, New Orleans and Houston until recruited by the Department of State Foreign Service in 1949. She spent the next ten years in Warsaw, Rome, Teheran, and Rangoon, with breaks in Washington D.C., until she was assigned to Seoul as secretary to Ambassador Walter McConaughy. She had also served as his secretary in Burma.

Catherine and Harry were married in Seoul in October, 1960. They had worked together during riots that brought down Korean President Sigman Rhee, and during President Eisenhower’s visit. Catherine still has the 37mm cannon shell that Harry took from a Russian MIG-15 that defected from North Korea in August, 1960, she says “he was trying to impress me.”

AFRH-W Veteran Highlight

By Christine Baldwin

Roger Davison was the youngest of ten children. He had eight sisters who helped raise him. The one plus to this was that he had no hand-me-downs. He grew up as a farm boy from Indiana and the Wabash River was his good friend. All of this outdoor life was to be useful in his military career. In October 1945, at the age of 16, Roger broke his leg in gym class. With the thought of a career in the military, he checked out the Medical Corps, but he needed a parent's signature to join and one wasn't forthcoming. In August of 1946, Roger turned 17. Even though he was a junior in High School, he had enough credit to graduate and so he enlisted in the Army Air Corps.

Roger took basic training at Lackland, Texas where he was pulled to become an instructor. He moved up the ranks quickly. He was a PFC in 6 months and one month later he was a Corporal. Roger spent four years in Texas, including a stint at

Technology School. He was then sent to Korea from 1950 – 1952, where he was in the Parachute & Equipment section. One of his tasks was to help write and update the main test. He then went to Harlingen, Texas for 5 ½ years, where he made his E-8 in Operations.

Roger’s next assignment was to Chanute Field in Illinois from 1959 – 1963, where he became the Superintendent of Life Support Schools. There were 800 students and the classes included 6 Basic, 4 Adult NCO, and 1 Officer’s course. Roger then went to Panama for Jungle School, where he helped train the Mercury, Gemini and Apollo astronauts. His last assignment was in Vietnam with the Inspector General’s team. He retired in 1970 and went into civilian work in San Diego, CA.

Roger came to the home in 1991. He had visited the place earlier and knew that this was where he wanted to be in retirement. He is very active and likes especially the dedication of the staff.



Roger Davison attended Tropical Survival School in Panama.

AFRH-Gulfport Astronomers 2013 Meteor Showers

Submitted Dennis Crabtree, AFRH-G Recreation Specialist

Name	Date of Peak	Moon
Lyrids	Night of April 21	In view most of the night
Eta Aquarids	Night of May 5	Early morning crescent
Perseids	Night of August 11/12	Sets after midnight

Name	Date of Peak	Moon
Orionids	Night of October 21	In view most of the night
Leonids	Night of November 16	Full
Germinids	Night of December 12/13	In view most of the night

Any Resident can check out the telescope to view the meteor showers. Location is Recreation Services Room 1205.

Message from the Chief Operating Officer



The weather has been good to us. The Scott Project is on schedule and soon we will be in the new building. I would personally like to thank each Resident for his/her understanding and patience throughout the construction period. The earthquake and damage to our Sherman Building further complicated life at the Home. Displaced programs to the Sherman Building from the old Scott Building were once again further displaced to an already crowded Sheridan Building. Administration was also displaced to the crowded Sheridan Building. Through it all, the Residents have been supportive and understanding. Again, I sincerely thank each of you for your understanding and giving nature through this difficult period of construction.

This week I was given a letter by the Resident Advisory Committee (RAC) in Washington, DC. The RAC minutes indicated there were only three RAC members and the Chairman present for the meeting, so it's probably important that I share my thoughts and comments with all Residents. Although I will address and quote many parts of the letter, it is also shown below in its entirety.

The letter indicates the Sheridan Building is the Home of Independent Living Residents, who are still the majority. For the benefit of all those Residents present and future that will need Assisted Living, the Sheridan Building will soon have rooms for both Assisted and Independent Living Residents. Currently, it also provides rooms for our Independent Living Plus population. I believe it's important to highlight that this make-up was an effort to help Residents age in place, which has been the discussion of many focus groups. No longer will a Resident be required to move over a quarter mile away when they require Assisted Living, Long Term Care or Memory Support. No longer will a Resident be required to ride a bus to see their friend who was moved to an upper level of care. The new Scott Building, connected by a new tunnel with new Sheridan Building elevators, will link all Residents to activities and their friends in both buildings regardless of their level of care.

The letter also states: "...the new Scott administration and LTC Building will serve as a "mall." We'll go there for our needs and return to our Sheridan Home." I hope Residents consider the new facility as more than a "mall" and see the two buildings joined by tunnel as their Home. It will house the same program/living space and more than the old Scott Building (e.g. dining, library, theater, 24/7 computer room, artist colony, physical fitness room adjacent indoor swimming pool and therapy room, Hall of Honors for special events, guest rooms, game rooms, 24/7 canteen, lounge, community room for multiple activities, wellness center, meditation room, and mail room located in route to dining. Both buildings will be connected by two tunnels less than 30 yards in length -- one for service and another for Residents. The distance traveled by most Residents for activities significantly

less than those traveled before. One of the paragraph highlights: "Elimination of services has consistently taken place in our Sheridan Building Home with no input from Residents. We were promised the same high standards as Gulfport!" Although we did stop issuing free toilet paper and clean sheets for Independent Living Residents, stopped smoking inside the Sheridan Building, and updated our phone system which eliminated in house phones for Residents, there were numerous focus groups held with Residents to discuss changes. Focus groups and Resident input resulted in toilet paper being available at Security if needed; two pair of new sheets and pillow cases being issued to all Resident as we discontinued service; new smoking shelter being built for a safer smoking environment outside; and fielding a new Resident call system to alert security when a Resident needs help.

The letter highlights "You state that our large "fitness room" will become the major company maintenance shop off limits to Residents. You neglect to tell us what similar plans you have for the post office. Resident activities would provide a healthier environment in the home where we live." •On March 1, 2013, dining in the Scott Building is scheduled to open. The new fitness/swimming pool/therapy named "Fun & Fitness" by the RAC will open on February 28th. Soon after Residents begin dining in the Scott Building facility maintenance will start occupying the vacated space. For the first time facility maintenance will be housed within the operational footprint of Resident facility issues. No longer will maintenance be required to drive to the worksite or wait until campus roads are cleared of snow to address facility issues in the Scott or Sheridan Buildings. This move is also a reflection of Department of Defense Inspector General inspections prior to 2002 that raised concerns about the Washington Home's excess and unnecessary operational square footage. Although it would be nice to have two physical fitness areas within 50 to 75 yards of each other, it would not be a prudent use of resources and considered by some as excessive.

•As discussed in Resident focus groups prior to tear-down of the old Scott Building, the new Scott Building provided an opportunity to create a health & fitness area for the Resident population. Many Residents had requested a swimming pool as part of the new Scott that would provide many health advantages for our Resident population. Together we discussed the benefits of consolidating resources into one facility for health & fitness. For the first time Residents would be able to enjoy aquatic activities at all levels of care. Fitness, therapy, and swimming would share the same locker rooms and Residents could engage multiple health & fitness activities in one area. •No plans have been made for the Sheridan mail room area. Focus groups and discussions with Residents have highlighted few ideas like relocation of the wood shop or washer and dryer room. Initially there is no intent to use the space until we settle into our new facility and properly consider it use with residents.

The chart captured below was taken from a Town Hall with Residents on March 26, 2009. One of the key components of the Scott Project has always been to move Facility Maintenance closer to Resident/facility issues and problems. The Home must continue moving forward with plans for the

programmed facility maintenance space, which enhances response time to resident issues, closing the Power Plant, and an overall Capital Improvement Plan.

AFRH - Washington

Scott Project (chart)

Communication Plan & Resident Committee

Tear down Scott – April 2011

-Greater than 50% of work orders

-Partially renovated in 1986 & 1987 (bathrooms and central air)

-Non ADA compliant

-Cost prohibitive to renovate

Scott Project

-Commons – completed 2013

-LTC/MS Building (s) – complete 2013

-AL in Sheridan – completed 2013

-Upgrades to Sheridan

-Enhanced Main Street between Sheridan and Commons

-Facility Maintenance

Transition years – 2011 thru 2013

-Dining in North Sherman

-Wellness Clinic - TBD

-Optometry & Dental - TBD

-Movies – Sherman Annex

-Library – TBD

-Resident Service Operations and Business Center – 1st floor of Sheridan

Next month I will have a Town Hall Meeting with all Residents to address Resident concerns expressed in the RAC letter below. I have also asked the Washington, DC, Ombudsman, Al Mori, to schedule time on my calendar with the RAC to discuss their concerns. February 2013 is going to be a busy month as we reopen the Sherman Building and occupy the new Scott Facility. It will be good to have all the construction behind us and the vision of the Washington Home in front of us. I sincerely appreciate your patience and understanding over the last three years as we have worked together closely to make this transition to the new facility doable and successful. Thank you for your constant support!

Steven McManus

COO Questions and Answers

Q: Why was the Fiddle Green closed at AFRH-G on Christmas Day? Give us a break. My daughter and granddaughter were here with no where to sit. No glass of wine just sit in the Lobby or Room; was no fun.
A: Fiddler's Green is closed one day per year and that is Christmas Day. Free wine for all residents and guests was provided during the Christmas meal.
Q: Lets put a Golf Green for AFRH-G.
A: Installation and care of a putting green is more than the landscape budget can afford at this time. We will continue to look at ways we can introduce an area that will provide a suitable substitute of a green.
Q: Why are there six dining table segregated tables in Gulfport. One even marked "reserved". That's what we need; more cliques. That's how the "Bohemian Corporal" started. I know I can sit at any table, but why has admin (you) let this continue? I don't want table cloths on my tables, yes - my tables. Take them off.
A: The issue was turned over to RAC. Each floor Rep will bring the issue up at their next floor meeting and the results will be reported at the monthly RAC meeting and to administration. Further action will be completed after the results of the floor meetings. Also it will be discussed at the next town hall meeting that there are no reserved tables in the dining hall.

Q: Gulfport Resident Guide (PAR 28) and AFRH Agency Directive 7-3A (PAR 2). Suggest the language dealing with PMD speed be revised to only allow "walking speed" inside building. Right now the wording is very unclear and confusing. I consider this to be a safety and therefore a liability issue for PMD operations and the Home.
A: I have reviewed the directive 7-3A cited in the Residents comments and would recommend a revision on the next revision. the Resident guide quotes the directive.
Q: I went to N. Florida, Oct 12th for 4 day vacation that turned into 40 days, I suffered a severe hematoma to my leg requiring hospitalization for (9) nine days and (30) thirty days in Rehab. While in rehab I tried to communicate my problem to AFRH-G. A nurse contacted the Wellness Center and was told I would be required to walk 300 ft unassisted to come back. Mind you, I had been a Resident here since 11 April 2011. I would like to recommend that when we check out with security in Gulfport, we be given a memo detailing how hospitalization should be handled who we should contact, what we can and can't do and other pertinent details to let us navigate through the system.
A: Thank you for you suggestion. We are developing a hand out and it will be at Security to hand out to Residents.
Q: Make the Washington compound a No Smoking Zone and stop the Mini PX selling smokes. Make the Smokers go off the compound to Smoke!!! And those helicopters stop flying over the compound. Don't need another 9-11, call FAA make compound a No Fly Zone.
A: It is the policy of the AFRH to provide a smoke-free envi-

ronment Agency-wide for its Residents, employees/contract staff, guests and visitors. The AFRH will:
-Continue to promote "smoking cessation" training for those interested. Create/build safe and environmentally controlled, programmed areas for smoking.
-Ensure that all Resident dormitories and AFRH facilities be smoke-free.
Q: No fly zone for helicopters over AFRH grounds.
A: There are sixteen heliports in Washington, D.C., mainly serving hospitals, police and Government. A good number of these are hospitals transporting individuals in need of emergency care. The list of heliports located in the area of the Home is:
-Children's National Medical Center.
-Washington Hospital Center.
-Sibley Memorial Hospital
-Metropolitan Police Department 2nd, 3rd and 5th Districts
-US Park Police.
The White House does not officially have a heliport, but helicopters are landed on the South Lawn when required. AFRH-W's open space is a benefit to the heliports in case of an emergency landing and provides easier access to their destinations. In addition, this will assist law enforcement, as well as, individuals to receive immediate medical care and help to prevent the lost of lives in a timely manner.

From the AFRH-W Administrator



Gulfport's Administrator, Chuck Dickerson wrote an excellent article explaining the process of the RFAB, or the Resident Fund Advisory Board, and how the Resident's Fund is managed within

the Armed Forces Retirement Home (s). I am going attempt not to "copy" his article but speak to the similarities in Washington. Both homes use the same procedures, but of course, the Residents and Staff names are different that make up the Resident Fund Advisory Committee.

The Resident's Fund has been in operation much like it is today for the past 25 years or so. There have been a few minor revisions but the purpose has remained the same, this Fund is to be used for the moral and welfare of the Residents.

Laura Fogarty is the Supervisory Recreation Specialist in Washington. Laura is responsible for developing the budget, man-

aging the reports for the fund and the main communication link with the Resident Advisory Committee (RAC). She prepares a preliminary budget with the historical data from past years and meets with the RAC Chair to discuss, review and present any ideas the RAC might be suggesting for the coming year. The Fund itself is managed by the financial services office located at the NAS (Naval Activity Support) in Millington, TN. Laura is responsible for building the total budget, but the main concentration is that which deals with Recreational Services, as these change from input with all of the events and calendar changes. This includes entertainment, tickets to events, bands, socials awards and prizes for games, and on and on. The preliminary budget is reviewed by the Chief of Resident Services and then is presented to the RAC Chair before the July RAC meeting. Any changes coming from the RAC can be recommended. The last quarterly RFAB meeting, held in October, then prepares the recommendations and budget, which is sent to the AFRH COO, Steven McManus, for his approval. The final budget is then communicated to Millington and loaded for the year with its appropriate allocations into the finan-

cial system.

Over the past few years, items that the Residents might desire but are not budgeted, can be presented at one of the quarterly meetings, and if approved, purchased at that time. In addition, in between regular meetings, if something is desired, a special meeting can be called, or another possibility, is the approval of something communicated and approved by emailing all the members. The members receiving the email can read of the proposed item or items, and then reply with their decision on the purchase.

For instance, this past fall, the Resident Fund Advisory Board approved the purchase of 12 new golf carts. The largest portion of income from the Washington Campus comes from the Golf Course and the new carts are replacing those which should have been replaced long before now, as they were constantly breaking down and in need of repair. In fact, two of the old carts were used only for replacement parts. The RFAB met at a regular meeting, the idea of purchasing new carts was discussed and Ken Faller and Matt Kayson were asked to seek out three bids from dealers. When the best price was discovered for the carts, the Board approved the amount and the golf carts were ordered. A portion of the decision was made in a meeting

but the final approval for the purchase was accomplished through email communication, thus eliminating the need for a second meeting. And just recently another expenditure was approved through email for an asphalt parking pad for the new carts. It is a system that works well by accomplishing the task without having to gather all for a meeting. Copies of each email are printed revealing the approval or declination from the members and retained as record of the minutes. The funds for these approved additional expenditures (the ones not included in the annual budget) are then communicated to Millington for payment coming from the Resident Fund.

Other examples of items that went over and above the approved Resident Fund annual budget are for the new computers that will be installed in the new Scott for the Library and Computer Lab. Historically other items that were purchased from the Resident Fund was the Life Style Stations that are located behind the Sheridan building, or the Paramobile, which is the golf cart capable of allowing a golfer who is challenged with a disability to play what he or she loves—the game of golf.

David Watkins

Scott Project time line

Thursday, Feb 7, 2013
Thursday, Feb 7, 2013
Thursday, Feb 7, 2013
Jan 5-Feb 25, 2013
Feb 19-21, 2013
Feb 21-23, 2013
Monday, Feb 25, 2013

Monday, Feb 25, 2013
Feb 25 – Mar 1, 2013
Thursday, Feb 28, 2013
Friday, Mar 1, 2013
Friday, Mar 1, 2013
Friday, Mar 1, 2013
Mar 1-13, 2013
Monday, Mar 4, 2013

Monday, Mar 4, 2013
Wednesday, Mar 6, 2013
Monday, Mar 11, 2013
Wednesday, Mar 13, 2013
Wednesday, May 1, 2013

GSA takes over Scott Building
Security operational in Scott
Activate communications in Scott
Installation of Furniture and Office Equipment
Familiarize Staff with Building
AFRH-W Staff packing and moving to Scott
Scott Building operational (Admin, Business Center, Resident Services Chaplain, Social Workers)
Wellness Center open in Scott
Scott Building Orientation for Residents
Recreation Therapy/Fitness open in Scott
Dining open in Scott
Mail Room open in Scott
Scott Movie Theater open
Library move in
Move Long-Term Care and Memory Support from LaGarde to Scott
Scott Guest Rooms open
Swimming pool open
Move Assisted Living from LaGarde to Sheridan
Scott Lounge open
Scott Building Grand Opening Ceremony



View from the rear of the new Scott building.



Exterior elevator located on the south end of the Sheridan building will make for easy access to the new Scott building.

Notes from the AFRH-W, Chairman, Resident Advisory Committee



There is an axiom that states that "Most people want to do the right thing, but they need to know what the right thing is". This article is intended to explain the procedure for residents to make recommendations to the Resident

Advisory Committee (RAC). Most of these procedures are based on the guidance given in the directive which establishes the duties of the RAC, and some are based on the best practices established by the RAC committee members. This guidance apply to AFRH-W methods, the methods might differ slightly is Gulfport.

Step 1 - for providing recommendations to the RAC

Please try to use the recommendation forms which can be found in the Mail Room, near the RAC suggestion box. The recommendation can suggest a solution to a situa-

tion, or a recommendation for new methods, services or facilities. The best suggestions clearly state the problem and recommend a solution. It is helpful if complains include a suggested remedy. The suggestions should be signed and dated.

Step 2 - The RAC Committee reviews all suggestions. Those that require immediate attention, and which can be handled promptly are assigned one of the RAC committees for action. Those suggestions which require the gathering of addition information, analysis and coordination are discussed during the RAC planning meeting which normally is held the second Wednesday of the month, and a committee is assigned for analysis and follow-up.

Step 3 - the suggestion presented by a committee chairperson and discussed during the general RAC meeting; which is normally held the third Wednesday of the month. During the general meeting RAC members and attending residents discuss the scope and feasibility of the suggestion. Resident input is important because we want to be sure that all

points of view and expressions of support, or disagreement, with the suggestions are expressed.

Step 4 - General meeting minutes are prepared showing the subject of the suggestion, and the RAC committee's suggestions for follow-up action. The minutes are posted on the RAC bulletin boards (the glassed in boards on each floor). Copies of the minutes are provided to the AFRH Administrator and some of the staff.

Step 5 - The Administrator, or staff members, respond to the suggestions included in the minutes. The administration responses are reviewed by the RAC Committee members, and if there is a consensus that additional information and consideration from the Administrator and staff would be helpful, a request for more feedback or a meeting with the Administrator or staff members is requested.

Step 6 - The results of the suggestion review process are announced at the next scheduled RAC General Meeting. And sometimes significant effects of the suggestion

process will be included in our monthly RAC-W Articles.

It is intended that the RAC be responsive and effective, so it was deemed important to relate the procedures that can support that intent.

At AFRH-W a lot of changes are taking place and the RAC has been, and will be, very proactive in advocating those changes which will be of most benefit.

So to end on a high note, one of our major campaigns is to improve the indoor and outdoor recreation facilities and opportunities in the new spaces that will become available when the new Scott Building is occupied. Progress of that imitative will be reported in our next RAC-W Communicator article.

Lastly, I, and others, are impressed that the residents of AFRH-W have been patient and supportive, as the RAC-W A-Team "hit the ground running". We still have major challenges ahead.

Joseph Wachter

From the AFRH-G Administrator



It has now been two years and four months since we've re-opened the doors at AFRH Gulfport. This year we are looking forward to more of the great celebrations provided by the recreation staff, such as the Mardi Gras Parade in February with the selection of our King and Queen and the King Cake Social. And let's not forget the Super Bowl Party. In March, we'll have our big St. Patrick's Day Dance and the Culture Fair. Hopefully, in March the weather will start to warm up a bit so you'll want to start preparing for the spring games because competition is good for the soul. In April, we'll be hosting the semi-annual Advisory Council Meeting, which will give your RAC Chairman an opportunity to share with the Council all the exciting things you have accomplished down here on the coast over the last six months. We will also have our annual Senior Prom and volunteer recognition ceremony and cookout. And then that brings us to our Memorial Day Community Day Event. The time really flies when you're having fun.

We have completed several projects here in Gulfport over the last year and you have been a big part of the decision process with management in deciding what is best for your Home. We have completed the flag project, which has made a beautiful addition to the

entrance of the property. Projects designed for your safety and security included the automatic door openers, the parking garage signage, exterior security camera system, and safe corners on the dining hall columns. And a couple of projects that make your lives easier were the raised gardens and the cell phone repeaters. As we move forward into this year we will be continuing work on the Master Landscape Plan and the Hall of Honors. I'd like to thank all the residents that have put their time and effort into assisting the staff with the decisions on these projects.

As we have increased our number of residents and staff, our parking lots are filling up. In an effort to relieve some of the parking congestion, the chapel parking area and the west guest parking is now open for use by guests and employees. The current reserved Car/Van Pool parking is being moved to other areas and those current spaces will become handicap parking spaces which will be open to handicap residents and staff. In order to add some additional parking spaces in the garage we are looking at the possibility of adding more spaces on the north east corner just under the cooling towers. Since there is adequate parking for guests in the front of the building, we need your help to ensure your guests are not parking in the garage. We thank all of you for your patience in this matter. Please know that your comments, concerns, and suggestions are being addressed and we will continue to work on resolving the parking issues.

In the October 2012 Communicator I

discussed the NAF – Non-appropriated Fund and what projects it supports for you. This edition I'm going to explain the annual NAF budget and how it is developed and approved. The Resident Fund Advisory Committee (RFAC), a sub-committee of the RAC, consists of the RAC Chairperson, one RAC member, two Residents at large appointed by the RAC Chairperson and functional area staff in an advisory capacity. RFAC meets with Lee Corban, Supervisory Recreation Specialist to discuss and propose an annual budget. Lee compares the previous year spending to help in the decision process for the budget. Lee prepares a draft of the budget and reviews it with Laura Slack, Chief Resident Services. The draft budget is given to the RAC chair by the July RAC meeting where it is reviewed, discussed and recommended for approval. The draft Budget is then forwarded to the Resident Fund Advisory Board (RFAB) consisting of the following members: Administrator (Chairperson), Chief of Resident Services (Alternate Chairperson), Chief of Health Care Services, Chief of Campus Operations, and the RFAC. At the 4th quarter meeting the draft is reviewed and any changes are voted on. Lee revises the draft budget accordingly. The revised draft budget is forwarded to Steve McManus, Chief Operating Officer, for final approval. Mr. McManus sends the budget back to Gulfport and then Lee will send the approved final budget to NAS, Millington, Commander Naval Installations Command (CNIC) who enters all our budget line items on their spreadsheet. Lee will send all expenses and revenue to Millington as these transactions occur and they update the spreadsheet. Lee provides the RAC chair with a

monthly financial statement and it is presented at the RAC meeting.

So what happens during the year if the residents ask for something that isn't budgeted? This could be special training, a piece of equipment needed for the gym or garden, etc. Usually the request is brought up at the RAC meeting. When Laura Slack reviews the minutes and there is a request for additional funds and that request has been approved by Chuck Dickerson, she contacts Lee Corban who will either hold a special RFAB meeting or email the Committee for a vote. If the committee agrees to support the unbudgeted expense it is added to the budget. Lee will send the approved amount to NAS, Millington and they will add it to the appropriate line item on the budget. The RAC chair will inform the RAC about the RFAB's decision at the next RAC meeting.

There has been much discussion about the Souvenir Shop lately. This shop was the brain child of Mr. Parker. He wanted to open a place in the home where Residents and guests could purchase items such as fleece tops, polo shirts with the AFRH-G emblem along with all sorts of souvenirs and other items. A Memorandum of Understanding between AFRH-G and the Souvenir Shop was put in place. Items are purchased by the shop to be sold and revenue from sales is used to cover expenses. After expenses the additional revenue is donated to the Resident's Fund which provides another source of income.

Hope you all have a wonderful 2013!

Chuck Dickerson

“Valor & Loyalty Hall Celebrate Monthly Birthday!!

By Susan Bergman, MT-BC, Recreation Services

When the third Tuesday arrives each month, a celebratory dinner awaits! The dining rooms are decorated with colored tablecloths, matching helium balloons, and with steak, fish, wine, beer, and more, residents look forward to the evening. Chuck Dickerson, Administrator, Laura Slack, Chief of Resident Services, & Master Chief Kartz, Ombudsman, visit Valor & Loyalty Hall for photos and the singing of "Happy Birthday" with Susan Bergman, Music Therapist in Recreation. For some history and trivia, the traditional "Happy Birthday" song began with the melody being published in a 1893 songbook titled Song Stories for the Kindergarten by sisters Patty & Mildred J. Hill. The song was first introduced as "Good Morning to All" in Patty's kindergarten class

in Kentucky, gained popularity at birthday parties, and the lyrics were changed with an added second verse to include "Happy Birthday to You." It is believed that the melody and tune were copied from other popular songs of the time - Horace Waters' 1858 "Happy Greetings to All," "Good Night to You All," the 1875 "A Happy New Year Year to All," and 1885 "A Happy Greeting to All." In 1924, Robert Coleman published "Good Morning to All" with the added second verse of "Happy Birthday" and in 1933, had the song added to The American Hymnal. Interesting to note that the song "Happy Birthday to You" has been copyrighted since 1935 with the rights being sold to Time Warner in 1998 and in 2004, Warner Music Group further sold the rights to a group of investors. The Edgar Bronfman, Jr. company insist that the song cannot be sung for profit without paying royalties. In 2008, Warner collected \$5000 a day, \$2 million a year in royalties for the use of the song in film, radio, television, and public perform-



Gerald Campbell celebrates monthly birthday dinner is Gulfport staff members.

ances leading to the main reason the song is no longer sung in restaurants. In Europe and some other countries, the copyright will expire on December 31, 2016 - 70 years since the author Patty Hill died in 1946 and the United States will see the song pass in to public domain possibly in 2030. It remains the #1 most recognized song in the English language second to "For He's A Jolly Good Fellow." Wishing everyone in 2013 a "Happy Birthday!"

Notes from the AFRH-G Chairman, Resident Advisory Committee



Peas and Cabbage followed later in the day, Yum, Yum!!

Our resident count this month is 531 and we welcomed several new residents that will add to our family. We said good bye to some dear friends we lost in January, they will be missed.

Fred and his talented team in the Food Service Department exceeded our expectations again. We have been pleased with the courteous service, tasty food and excellent care they put into each meal and particularly

Birthday Meals, they seem to be getting better and better! Thanks Fred and Company. Goldie on the keyboard made it sooo "special", again!! Thanks!!

Again, as we come near the end, need to acknowledge the efforts of our own Calendar Girls. They have met and exceeded their goal of \$10,000 from Calendar sales to donate to the local "Feed My Sheep" organization. I am amazed at their dedication, zeal and determination to spend long hours of their time out in the public, to make these calendars a success. And a success it has been!!! Do you know how many calendars they need to sell at \$15.00 each to make over \$10,000? The Veteran Calendar Girls first donated \$1,000 and then another \$10,000 for a total of \$11,000 and are ready to donate another \$7,000, that's \$18,000 any way you cut it. AND THE SELLS CONTINUE!!!

The RAC has listened to the Residents and changed the Friday afternoon events to a variety of activities which have drastically increased Resident attendance; we are taking a

new twist.

This is the things that happened at the 8 January 2013 RAC Meeting:

ANNOUNCEMENTS:

-Thanks again for helping to make this a Friendlier/Happier/Patriotic Home!

REVIEW OF PREVIOUS MINUTES:

-Minutes of Meeting for December 11, 2012 were approved.

OLD BUSINESS:

-Received update on "Reflection Pool and Freedom Plaque", it will be placed on the North side of the reflection pool and formally dedicated when Mr. McManus is here.

-Received update on cleaning contract for washers/dryers.

-Received update on renaming street, checking on Legality.

-Recycling of Plastic and Aluminum will be in cooperation with Keesler AFB.

NEW BUSINESS:

-RAC received updates from all Committee Chairpersons.

-Financial Reports reviewed for Nov 2012.

-The RAC recommended approval of funds to reimburse up to 12 Residents for successfully completing the Mississippi State University Extension service course to become a Master Gardener.

-RAC voted to continue endorsing the Scuttlebutt Publication.

OTHER BUSINESS:

-RAC voted to rescind the rule that an item could not be brought up and voted on if it had been voted on within the past six (6) months.

-Senior TV was discussed and how and when changes can be made in the contract for services. Floor Reps are to meet with their Residents and be prepared to discuss at the next RAC meeting.

ADJOURNMENT:

Many thanks again to the staff, management, volunteers and residents that continue to make this a better place to live.

"United we stand...Let's keep it that way!"

Bill Parker

AFRH-G January Activities

Chair exercise provides whole body workout

By Sean Campbell

Chair exercise is done in a chair using light dumbbells and other assorted types of fitness equipment. It is designed to work the whole body in one session. Every fitness level and every age can participate in this class, as it is very structured and monitored closely while we exercise. We start with a light war-up, work the whole body with various exercises and finally, finish with a cool down. The mood is light and the camaraderie is very good! The class is approximately 1 hour long.



Sean Campbell leads residents Paul Hoffer, Cecil Sherman and Bill Kihneman through chair exercise session.

Wood Shop Safety Class

By Milton Williams

Wood Shop Safety is a daily practice that each resident who uses the tools is encouraged to make their priority. When a new resident wants to have access to the wood shop equipment he or she demonstrates to staff how the tools are safely used. Each year all participants in the wood shop must go through the safety class to be recertified for access. Earl Portrey is present for his first safety training and Jim Eberhardt is participating for his third year. The staff and Milton Williams (Art Specialists), who conducts the classes, are grateful for each resident for their eagerness to follow the safety guidelines of AFRH-G. Especially since most are very skilled and knowledgeable in the art of woodworking. It is truly a pleasure to work and learn from their experience. Remember - SAFETY FIRST.



Milton Williams (far right) conducts a wood shop safety class for residents Jim Eberhardt and Earl Portrey.

French cuisine

Parisian Cafe Social

By Adelina Hay-Sowell

On Friday, January 11th, the residents took a quick trip to Paris, France via our Parisian Café social, our second annual event! They enjoyed French roast coffee, with a variety of flavored creamers to enhance the experience. Dining provided chafing dishes filled with wonderful cinnamon buns, cream cheese Danishes, apple turnovers and lots and lots of croissants! What would a cafe in Paris be without croissants. There were also dishes of dark and milk chocolate, strawberry and vanilla cream cheese to slather on the croissants, just in case you needed a few more calories! Best of all, they were all served warm! Our resident one woman show musician, Goldie, was on hand to play the music for the café and the icicle lights hanging from the ceiling gave the feeling of sitting out under the stars like the Vincent Van Gogh painting, "Café Terrace on the Place du Forum, Arles, at

Night. One of the best things about our themed socials is the great turn out we have of the residents, enjoying a nice little break during the day, having some different refreshments and socializing with their friends. Who could ask for more? "C'est Magnifique"



Fred Schell enjoys the Parisian Cafe social which brings little bit of Paris, France to the coast.

A very merry "Undecorating" party!

By Adelina Hay-Sowell

On January 3rd, 2013, our first order of business was to pack away all the festive decorations from Christmas and start the New Year with a fresh face! This is no easy task considering we have about 9 trees around the home, some which are very large, as well as garland, wreath's, nativity scene, etc. A group of volunteers, mostly senior NCO's from 25 NCR at the CB base in Gulfport, MS became the special task force for "un-decorating" the trees, and quickly became professionals at decorations as well as figuring out how to put the ornament storage boxes together! Many of them had also volunteered just before Christmas to help with getting the decorations on the tree so they were already somewhat familiar with the trees. The one thing they didn't know they would be doing was re-decorating the tree in the community center for Mardi Gras. Some who are not originally from the South were new to the idea of decorating a tree for Mardi Gras, but they gave it their best shot and really had a great time in the process. The rule of thumb was "It's okay if it's tacky and overdone...it's Mardi Gras". They've been invited to come back to decorate the rest of the community center for the Mardi Gras ball and also to attend the festivities for themselves. "Laissez Les Bon Temps Roulez", Let the Good Times Roll.



Thanks to the a group of Seabees from 25 NCR the Mardi Gras decorations are in place.

"A New Year - January 2013 in review"



Robert Granvle and Mildred Knoble scrapbooking.

By Susan Bergman, MT-BC, Recreation Services

With a New Year - 2013 - comes a new month of exciting events! On Thursday, January 17, Mildred Knoble shared memories of recent



Susan Bergman session of Musical Song Guess is enjoyed by Dwyght Shelby, Nathan Thomas, and David Sampson.

events on Valor Hall and reminisced while filling in the scrapbook. On Loyalty Hall, residents tossed the dice for the Musical Colors Song Guess and joined along for singing and reminiscing. On Thursday afternoon, Keesler Air Force Base Medical TOP 3 volunteers joined residents on Valor Hall & Loyalty Hall to double their luck in winning the bingo games. On Friday, January 18, residents from Valor Hall went shopping at Wal-Mart and then onto Yuki's Japanese Restaurant for lunch. With a Hibachi / Teppanyaki lunch experience, residents were treated to smiley faced rice and a flaming onion volcano erupting before their eyes. On Tuesday, January 22, Stephanie from Dining Service set up and ran her slot car racing track. With tight turns and near collisions, the cars battled to the finish line. That's a wrap for January - see you next month for Valentine's Day & Mardi Gras Festivities!



Stephanie Livermore (left), sets up Slot Car Racing for the Residents.



Forest Schneider enjoying an afternoon of bingo with KAFB Bingo Medical TOP 3 volunteers.

Loyalty & Valor Hall have a winning week



Residents and staff celebrate their favorite college football teams with a good old fashion picnic.

By Susan Bergman, MT-BC, Recreational Services

On Tuesday, January 8, 2013, residents from Loyalty Hall joined Independent Living residents for the Indoor Shuffleboard Tournament in the Bocce Center. As the games were won and the winning brackets narrowed down, Lois Hogan gave her all. She stayed in the game leaving "hangers" for the big points and finished with a 3rd place win! On Wednesday, January 9, residents on Valor & Loyalty Hall each celebrated their favorite football teams at the Monthly Cookouts on each floor. With Alabama winning the College BCS (Bowl Championship Series) on Monday night, crimson colors highlighted the room. Despite the win, LSU fans in the room cheered the tiger band recording of "Hold That Tiger." Some football fans were split between Alabama's elephant mascot and LSU's tiger mascot. Festive food and team spirit made for a great lunch and cookout party!



Lois Hogan takes third place in the Indoor Shuffleboard competition.

AFRH-W January Activities

DC Toast in the New Year!



Ollie Brown ready to bring in 2013 with a little bit of the bubbly.



Sandra Intorre is all smiles getting ready to toast in the New Year.



John Russo lifts his glass to toast in the New Year.

Did I just see a beer can walk by?

By Lori Thompson, Art Specialist

Chances are if you were near the bowling alley in early January, the answer to that question was, "Yes, that was indeed a beer can you saw walk by!" The saga began with my quest to find a project that could entice football-crazed Residents away from their sets, long enough to create something with me on a wintery Sunday afternoon. I happened upon the solution in Hobby Lobby's science isle. Robot kits! Who would turn down a chance to turn a beer can into a walking, wobbling robot? Wire by wire, screw by screw, "it" slowly came to life. The batteries were connected and everyone watched with baited breath as their creation took its first steps. "It's Alive!" was shouted amid waves of laughter. From a Miller



Charles Merlino and Anthony Contino show off the New Year's Miller Lite Robot.

High Life Holiday Robot with red bow tie, to an Old Milwaukee can wearing a "Happy New Year Crown," to a Raven can of Natty Bo that was sporting a clay football in one hand and a fake hundred dollar bill in the other, the robot idea proved to be creatively entertaining for all.

San Jose State football players bowl with residents before the Military Bowl



Warren Pospisil and Charles Felder (center) show off their game tickets to the Military Bowl game held at RFK Stadium.

By Carolyn Haug, Volunteer Coordinator

What better Christmas gift to give to a young collegiate athlete than a beat down in a fierce competition of bowling! On December 25th, our Veterans enjoyed a "friendly" few games of bowling with the San Jose State Spartans. This is the second year that Northrop Grumman, corporate sponsor of the Military Bowl, has arranged a visit with the football team. The visit was an opportunity for the young athletes to meet our nation's Veterans and appreciate the military heritage we have at the Armed Forces Retirement Home. Employees from Northrop Grumman also enjoyed the afternoon and brought gift bags for all residents in attendance. Tickets were donated to any resident who wanted to attend the Military Bowl Game at RFK Stadium. Those who went witnessed a close game and a Spartan win! Thank you to our Bowling Center volunteers and the residents who joined us on Christmas Day.

Upcoming Arts, Crafts and Hobby events

By Lori Thompson, Art Specialist

Mother Nature may be blowing winter storms our way soon, but our February ACH schedule is sure to keep cabin fevers at bay. The month begins with AFRH's art/craft entries going to the VA on February 1st for this year's National Creative Veterans Festival competition. Good luck contestants! On February 3rd and 4th, Residents in Pottery and Ceramics classes will be glazing Valentine ware. Don't miss the Resident/Employee Valentine Card Making Social on Tuesday the 5th! The Auto Shop Volunteer Assistants have their quarterly meeting on the 6th and we will be going to Manassas to view antique cars and have a lunch meeting. St. Paddy's Day ceramics class begins on Monday, the 11th and will run for 4 Mondays. Looking for something new to try? Come to "Painting with Paste" on Tuesdays, the 12th and 19th and learn interesting techniques for decorative paper design. Care to take a trip to the Portrait Gallery and lunch in China Town on the 13th? Art thrills continue on Saturday the 16th with guest artist Dona Berotti's glass fusing workshop. Another guest artist, Rob McClurg, will present pottery demos and lessons on the 17th. Our new Photography Club is hosting a guest speaker, Ernest Smiley on the 24th, all are welcome! The ACH month closes with Making Small Notebooks class on the 26th and Michele's Easter Wreath Making workshop on the 27th. If you think this is a full, diverse ACH calendar, wait until you see upcoming events in the Artist Colony and Multipurpose Room in the new Scott Building!

STORY GATHERING STARTS FOURTH YEAR

By Christine Baldwin

The Double Nickels 'Speak Easy' Cultural Club started its' fourth year of story gathering on the 2nd Saturday in January. Several residents participated with their stories that ranged from Pearl Harbor remembrances to Vietnam memories, along with tales from childhood and beyond. This year the group welcomed Katie Herring, who is getting her Gold Award in Girl Scouts, the highest award. Katie is recording these stories and preparing them for our webpage. Participants for this project include George Smith, Catharine Deitch, Dallas Jones, Roger Polhemus, Billy Ray White, William Opferman, Martin Cody and John Kershaw.



John Kershaw, Catharine Deitch, Katie Herring, Dallas Jones, for this project include George Smith, Catharine Deitch, Dallas Jones, William Opferman and Roger Polhemus keep their stories alive through the Speak Easy program.

Resident volunteers are key to success for AFRH-W programs

AFRH-Washington volunteers still going strong. This photograph was submitted by a residents who has be volunteering for 18 years. For more information on our volunteer programs please check with the Washington Activity Messenger for current openings or stop by the office Carolyn Haug, Volunteer Coordinator in Sheridan 1004.



Honoring a Legacy: The AFRH Time Capsule

Sherman Time Capsule continued from page 1

Most likely left there by the masons, the artifacts may not have been intended as a time capsule. It is difficult to imagine that the men building the tower in 1890 would have dared to doubt that their work would stand the test of time. But now that it has been discovered, the artifact has taken on the role of a time capsule nonetheless; telling us something about a period in history through the collection of objects that the masons chose to leave behind. To honor both those original tradesmen, as well as the masons that are responsible for the tower's restoration today, AFRH decided to preserve the 1890 artifact and to place it back in the tower within a new, official time capsule.

Conservation

AFRH consulted with experts to determine the best way to preserve the historic artifacts found in the tower. A conservator from Baltimore studied each object and determined an appropriate conservation treatment in accordance with the Code of Ethics of the American Institute for Conservation of Historic and Artistic Works. Each object was conserved and placed within a protective Marvelseal enclosure along with the conservator's reports.

2012 Time Capsule

All conserved objects from the 1890 artifact were placed within an official AFRH Time Capsule. New objects were added, as well, including: a newspaper from the day of the earthquake (August 23, 2011); a newspaper from the day that the time capsule was placed back in the tower (December 21, 2012); a copy of the AFRH Communicator describing the earthquake (September 2011); a current AFRH medallion; and a narrative description and photographs of the tower repairs. The new container is stainless steel and bears the AFRH seal.

Returning to the Tower

At a small ceremony on December 21, 2012, the masons placed the new AFRH Time Capsule back in the southwest corner of the clock tower and reset the hollow turret stone above it. Although some AFRH members and staff planned to attend the ceremony, the gusting winds on that day prevented any visitors from ascending the tower. For the masons who were there, it was a very proud day as they honored the legacy of the tradesmen that preceded them over a century ago.

An article published in the Washington Post on December 21, 1890, describes the view seen by the masons on the tower both then and now. The article was written exactly 122 years to the day before the time capsule was reset in the tower. *"from almost anywhere on the broad undulating plateau that lies north of the city the imposing new tower is visible and it forms an imposing addition to the landscape...The view from the top of this new tower is as fine as is to be had anywhere hereabouts. From there one's eye can sweep over the whole historic ten mile square, and many miles of the Potomac too. Alexandria is seen, and on a clear day the distant mountains can be faintly discerned."*

We are all glad that the tower has now been restored, and that these views are preserved for generations to come.



Crew members working on the Sherman Building celebrate the time capsule place in history 100 years after the first time capsule was placed.



Final view of the time capsule before it is sealed on December 21, 2012.

FRA SOUTH CENTRAL REGIONAL PRESIDENT, VISITS THE ARMED FORCES RETIREMENT HOME TO PRESENT AWARDS



SCRP Bob Holcomb addresses shipmates during his visit to AFRH-Gulfport.

South Central Regional President, Robert A. Holcomb, visited the Armed Forces Retirement Home – Gulfport on January 8, 2013 to present three National Membership Awards to the "Old Naval Home", Branch 307. Shipmate Holcomb was recently elected president of the South Central Region of the Association.

SCRP Holcomb is a member of FRA's National Board of Directors for 2012-2013, representing FRA shipmates of the South Central Region, who reside in Mississippi, Arkansas, Louisiana and Texas (with the ex-

ception of El Paso).

SCRP Holcomb joined FRA in 1968 and has been affiliated with various branches in Texas, serving as branch president, vice president and as a member of Branch 201's Board of Directors. He is looking forward to visiting shipmates throughout the region (20 Branches) in the coming months.

Accepting his election and new position within the FRA at the Annual Convention in Reno, Nevada, November, 2012, SCRPP Holcomb stated, "It is both an honor and privilege to serve my FRA shipmates, as well as all active duty, reserve, retired and veteran service members. I'll be focusing on recruiting and retention during my tenure as regional president," said Holcomb. "We must grow military organizations like FRA, so that military members' and veterans voices are heard on Capitol Hill," He continued, referencing FRA's legislative advocacy on behalf of current and former service members and their families."

Holcomb joined the Navy in 1962 and, during his 22-year military career; he served at numerous Naval Air Stations and a one-year tour in Vietnam (1966-1967). After retiring from the Military he worked for a private company for eighteen years in Austin, Texas and then for the IRS for another six years. Mr. Holcomb married Beverly Holcomb and they have five children.

As some may know, the Fleet Reserve Association is a congressionally chartered, non-profit organization that represents the interests of the Sea Service community before the U.S. Congress. The Association is named after the Navy's program for personnel transferring to the Fleet Reserve or Fleet Marine Corps Reserve after 20 or more years of active duty, but less than 30 years for retirement purposes and its membership is comprised of current and former enlisted members of the U.S. Navy, Marine Corps, and Coast Guard.

SCRPP Holcomb presented three awards to the "Old Navy Home", Branch 307, which was awarded to them at the National Convention for membership. Shipmate Robert Rutherford, received the Charles E. Lofgren Award for

Individuals. This is awarded to the FRA member in each group who has recruited the greatest number during the preceding April 1 – March 31 period. Each awardee received an engraved desk clock. Shipmate Rutherford recruited 13 shipmates, for Group V (119 branches).

The Charles E. Lofgren Award for Branches is awarded in recognition of excellence in membership promotion in competition with the branches within the same group. Each winning branch received a captain's desk bell. "Old Navy Home", Branch 307 had a 70.21% recruiting gain, Group V (119 branches).

A Ribbon Award for number of 100% of the Branch members returning. "Old Navy Home", Branch 307 had an impression year, a few of the successes have been:

- 70% increase in membership.
- 1384 years of continuous members.
- 1 member with 60 years - Shipmate James Ryan
- 1 member with 57 years – Shipmate Roland Smith (AFRH-W)
- 1 member with 56 years - Shipmate Richard Halloran
- 1 member with 50 years - Shipmate Wilson Gale
- 43.3% of the membership is over 80 years old.
- Donated 9238 pounds of food, for the "Food Pantry" at the CB base Chapel.

One of the Community actives of the local branch is to visit with their Senators and Representatives. Another is to work with students (7th-12th grades) in the Americanism Essay Contest. All regional winners are judged at the national level and receive a certificate of recognition and cash awards for 1st, 2nd and 3rd place. First place winners are forwarded to the National committee. The Grand prize winner of this contest will go to Washington, D.C. to visit with their Senators and Congressman. The contest includes a prize of \$2, 500, \$1, 500, \$1,000 Cash, at the National level for 1st, 2nd and 3rd place. "Old Navy Home" branch 307 had one 11th grade recipient submit and entry from the area.



SCRPP Bob Holcomb, Branch Vice President Robert Rolak and Branch Secretary Bob Rutherford conduct FRA meeting in Gulfport.



Branch Secretary Bob Rutherford, SCR Chaplain Jerry Pugh preparing for Two bell Ceremony.